

HALIFAX metro®



Nova Scotia's got Games

Seven more medals won in Canada Games Wednesday — taking us to just 9 shy of total record of 52 **PAGE 3**

Glamping? Yurt welcome

Two Metro reporters brave the wild, armed only with king-size beds, fluffy pillows and Pinot Noir **PAGE 8-9**

Herd welcome Europeans

Training camp has begun for the Mooseheads and their new teammates from across the pond **PAGE 22**

HALIFAX POP EXPLOSION HAS PLENTY OF BANG LINED UP

ACTS INCLUDE JAPANDROIDS, HANNAH GEORGAS, JOEL PLASKETT, AND THE WALKMEN, WHOSE FRONTMAN IS PICTURED HERE **PAGE 5**



NORTHWEST ARM'S FOG OF LORE

Sailors get some practice on a fog-covered Northwest Arm on Wednesday. Environment Canada is predicting smooth sailing and sunny skies for the remainder of the week. JEFF HARPER/METRO

More school counsellors, clinicians coming to N.S.

For 2014. Premier Dexter said province investing millions after having balanced the budget this year, allowing the party to make good on promises of four years ago

The NDP government is spending millions of dollars to get more guidance counselors and mental health clinicians into provincial schools.

Premier Darrell Dexter announced the \$14 million three-year program Wednesday, saying it's a response to a recommendation from the provincial task force on bullying and cyberbullying.

"Schools are about learning development and academic achievement, but increasingly they are about the social development of our children," said Dexter. "This recognizes the important components that go into that development."

The task force recommends providing funding to reach a ratio of one guidance counselor for every 500 students from

primary to Grade 12. That ratio has been reached in some schools, and the new money will fund another 51 positions across the province.

The president of the Nova Scotia School Counsellors Association says more counsellors will help reduce and prevent anti-social behaviours like bullying and cyberbullying.

"Positive, pro-social skills

can be taught," said Teri Cochran. "We can build that by looking at social thinking, empathy development, emotional self-regulation."

The money will also significantly increase the number of mental health clinicians in schools, helping identify and manage mental health issues among students.

The provincial Liberals criti-

cized the announcement as electioneering, noting the report was released in 2012.

"The government has refused to act on several aspects until public pressure or political expediency forces them to do so," said Liberal leader Stephen McNeil in a release.

The Tories also questioned the delay, saying it has put kids at risk. **RUTH DAVENPORT/METRO**

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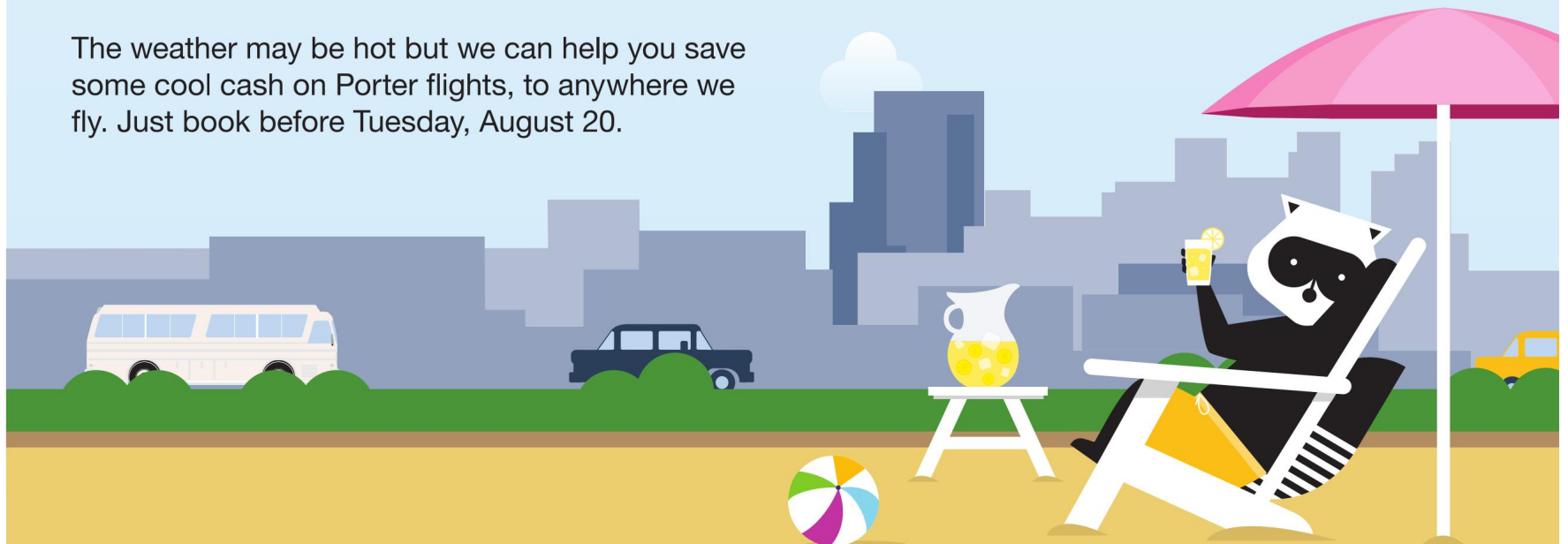
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Khat out of the bag

Police lay drug charges after suitcase search



Khat, legal in some parts of the world, is a controlled substance in Canada. CONTRIBUTED

A 30-year-old Irishman has been charged after more than 30 kilograms of khat were seized at Halifax airport, the Canada Border Services Agency says.

The drug was found during an x-ray examination of two suitcases on Aug. 8, the agency says. Peter James Gordon, of Belfast, was arrested shortly after and charged with possession for the purpose of trafficking and importation of an illegal substance.

The active ingredients in khat produce a stimulant effect similar to an amphetamine. **THE CANADIAN PRESS**

July numbers

Impaired driving stats released

Halifax police pulled over almost 100 people for impaired driving in July, ranging in ages from 16 to 76. In total, 80 drivers were charged with impaired operation of a motor vehicle, and another 19 were given driving suspensions. Of the impaired-driving charges, police say 61 were men and 19 were women. Seven people had more than three times the legal limit of 80 milligrams of alcohol per 100 millilitres of blood. **THE CANADIAN PRESS**

Single-vehicle crash

Man dies after car slams into tree

A driver is dead and another person is in hospital after a vehicle crashed into a tree late Wednesday in Cambridge Station, RCMP say. Cpl. Scott MacRae said the male driver, believed to be between 17 and 20, died at the scene. His passenger, also a male believed to be about the same age, was airlifted to hospital in Halifax. **THE CANADIAN PRESS**



Lauren Jodrey (No. 13), Tyleigha Nelson (No. 7) and Desiree Oakley (No. 6) block the ball from Team Newfoundland during Wednesday's match at the Canada Games in Sherbrooke, Que. Nova Scotia won 53-50 to advance to the quarter-finals against Ontario on Thursday. LEN WAGG/COMMUNICATIONS NOVA SCOTIA

N.S. closing in on Canada Games record

Good as gold — and silver. Seven more medals on Wednesday continues strong week



HALEY RYAN
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Nova Scotia paddlers have made a splash in the 2013 Canada Games, with all 20 athletes stepping onto the podium to claim a medal as of Wednesday morning.

A girls team from HRM kicked off the day in Sherbrooke, Que., with a gold finish in the K4-200 metre canoe/kayak race.

noe/kayak race.

"It was amazing," said Ailish McNulty of Dartmouth. "The race kind of went perfectly."

Although McNulty said the crew of Liz Gurgulis, Anna Hetzler and Olivia Denman was "thrown together" and the girls hadn't practised that distance together often, they were confident in a medal.

"It's really important to be relaxed before the line so you can get those first couple of strokes in. They set the tone for the whole race," said Denman, 17.

Peter Lombardi was on the C4 men's team, which nabbed silver in the 200-metre sprint on Wednesday, one-tenth of a

Go, team!

7

The number of medals Nova Scotia won on Wednesday.

second behind Quebec.

"It was tight up to the line," Lombardi said. "We were feeling pretty good. Winning the 1,000 metres yesterday definitely helped."

Lombardi said the crew of Tom Hall, Lukas Hetzler, Tom Miller and himself were "underdogs on paper," and while they had hoped for a gold medal, they were satisfied with silver.

Nova Scotia had 43 medals as of Wednesday night, just nine short of the team's all-time record of 52.

"I am incredibly proud of Team Nova Scotia. Your dedication to sport has paid off and it is wonderful to see you being rewarded for it," Premier Darrell Dexter said in a release on Wednesday.

Lombardi said this is definitely the first time in the past two Canada Games that all paddlers are walking away with a medal.

In other action on Wednesday, the girls basketball team edged Newfoundland 53-50, and will play in the quarter-finals against Ontario on Thursday.

City asks for input on St. Pat's school site

Non-profit groups have 90 days to submit proposals for future use of the St. Patrick's-Alexandra site in Halifax.

On Wednesday, HRM announced it is calling on community groups to submit their ideas for the site, deemed a surplus property.

Last year, a judge decided

HRM had incorrectly handled the sale of St. Pat's to a local developer wanting to build condominiums, so the process was started again.

HRM staff will "evaluate the submissions" and bring their recommendations to regional council, who will make the decision, a release says.

Council will also decide if they will award the property at below market value to a non-profit group, or sell the school at market value.

During a public consultation in June, many people said the site should be used for children's groups, or to house multiple resources such as a

Deadline

The closing date for proposals is Nov. 12.

health clinic and the Mic Mac Friendship Centre under one roof. **METRO**

World volleyball pros come and slam at the SandJam

DJs turn it up. First-ever Canada Cup to be held on Halifax waterfront, followed by dance party



HALEY RYAN

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Some of the best beach volleyball players in the world will start playing Thursday under the lights on the Halifax waterfront in a tournament you "need to experience," says its organizer.

Starting at 6 p.m. and running through Sunday, the professional men's and women's Canadian teams will take on players from Germany, the United States and England in the first-ever Canada Cup.

Also for the first time, 55-minute games will be played in the evening, which lets more people see volleyball under the lights.

"Watching it on TV doesn't really do justice to the atmosphere," said Derek Martin, president of Sports and Entertainment Atlantic.

For the past couple of years the SandJam tournament has featured junior athletes, so Martin said he's excited to see professionals in action who make their living on the courts.

"The fact they're able to move as quickly and jump as high as they do on ... a surface that's moving under their feet is really amazing," said Martin.

After the cup finals on Sunday, everyone is invited to a dance party on the sand featuring local DJs.



Workers level off 300 tonnes of sand in a parking lot near Salter and Lower Water Streets on Wednesday. The sand will be the main courts for the SandJam beach volleyball tournament, which starts Thursday night. JEFF HARPER/METRO

MLAs must find accessible offices after next election

After three years of lobbying, a legislative all-party committee took less than two minutes to pass amendments requiring all MLA constituency offices to be fully accessible.

The House of Assembly Management Commission met Wednesday morning and voted unanimously in favour of the rule changes, which re-

quire new MLAs to meet the requirement to be barrier-free — as stated in the provincial building code — within a year of being elected.

Returning MLAs have three years to bring their offices up to standard.

"This is ... a very important step but one small step towards greater change and

Needless wait

"This is a simple thing that should have been done a long time ago."

Kevin Murphy, co-founder of the James McGregor Stewart Society

more positive participation of people with disabilities in the system," said Kevin Mur-

phy, co-founder of the James McGregor Stewart Society.

The society urged the com-

mission to meet and pass the amendments before the next provincial election, which would have wiped the rule changes off the books.

Speaker and commission chair Gordie Gosse said returning MLAs have a longer window for compliance in recognition of existing leases that they may be tied to or be-

cause of a lack of barrier-free options in their riding.

"I do feel in my heart that most of the MLAs will comply with this in a lot shorter than the 36 months," said Gosse.

Murphy said some offices will need only minimal adjustments and others will just have to be vacated.

RUTH DAVENPORT/METRO

Getting Dropped Off at the Airport?



Construction is underway along the drop-off curb at Halifax Stanfield. Airport operations will continue, with safe access to the terminal building.

Please watch for signs and allow extra time for your next airport visit. Find out more at www.flyhalifax.com



Drop off early. Check in on time.



Japandroids performs in April at the 2013 Coachella Valley Music & Arts Festival at the Empire Polo Club in Indio, Calif. The Canadian rock duo are one of the top acts hitting the Halifax Pop Explosion stage this fall. KARL WALTER/GETTY IMAGES

Ride the bus rock 'n' roll style

Halifax Pop Explosion.

Concertgoers can take a free double-decker bus to the music fest featuring headliners Japandroids and Wavves



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Music fans will be riding in style in October to check out Halifax Pop Explosion headliners The Walkmen, Japandroids, Wavves, Hollerado and Hannah Georgas — thanks to a free bus service.

On Wednesday, executive director Jonny Stevens announced the 2013 lineup during a press conference aboard one of the double-decker buses that will be used to

transport fans.

"I think our whole lineup is fantastic," Stevens said after the event. "If you want to see what's going to be huge next year, and the year after, Pop Explosion's where you do that."

Other highlights include a solo Great Lake Swimmers show, Polaris-winning rockers Fucked Up, Joel Plaskett with Symphony Nova Scotia, the return of Halifax's The Plan, Braids, Action Bronson, Shad, Chad VanGalen and Jenn Grant's new project Aqua Alta.

Stevens said he's always been told it was hard for people to run all over the city and get to shows they wanted to see, especially those on a tight budget who couldn't afford quick cab rides.

"(Now they can) get out and see some of the earlier opening bands, see tomorrow's stars," Stevens said.

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He said the buses will run on a half-hour loop to all venues, and with two or three buses running most people will wait 15 minutes or less for a ride.

Comedians Brian Posehn and Todd Barry are also big draws for the festival, and Stevens hinted at a free show in Grand Parade as well as an opening-night concert in Government House.

With more than 200 acts in the lineup, Stevens said it's easy to make your own folk, punk rock, rap or electronic festival within the Pop Explosion based on what you like.

Gov't incentives

Call centre to hire up to 130 workers in Amherst

A Maritime call-centre company says it plans to hire up to 130 new employees over the next five years at its Amherst location.

The Nova Scotia government says it's offering Advantage Communications up to \$829,200 in incentives if the company meets hiring targets. The company provides bilingual services across North America.

THE CANADIAN PRESS

Highway 102. Motorcycle driver has life-threatening injuries followig crash

Police say a motorcycle driver was rushed to hospital with life-threatening injuries after a single-vehicle crash on Highway 102 just past the Kearney Lake exit going northbound on Wednesday night.

The accident happened at 8 p.m. with the motorcyclist driving off the road and into the woods, police say.

Halifax Regional Police Staff Sgt. Bill Morris said as police and paramedics responded to that accident, another collision

occurred across the highway a short time later. Morris said the second accident happened because someone was looking across the highway at the accident scene, then rear-ended the vehicle in front of them.

The crash caused extensive damage to both vehicles. None of the six people in the two vehicles were hurt.

"People have to pay attention at accident scenes," Morris said about the second collision.

PHILIP CROUCHER/METRO

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'God have mercy': Egypt toll soars



A woman holding a stick encounters a member of the security forces in Cairo Wednesday.

IMAD ABDUL RAHMAN/THE ASSOCIATED PRESS

State of emergency.

Running street battles sweep the country as supporters of ousted president battle security forces

The world looked on in shock Wednesday as searing violence engulfed Egypt.

Running street battles broke out in Cairo and other cities as a state of emergency was declared.

The white heat of anger flared when riot police backed by armoured vehicles, bulldozers and helicopters swept away two encampments of supporters of ousted President Mohammed Morsi.

And the death toll rose inexorably: At least 278 people were killed nationwide.

Canada called for calm while Egyptian Canadians watched in horror from a dis-

tance. Foreign Affairs Minister John Baird expressed deep concern and called on Egypt to implement much-needed changes to ease tensions.

Canada supports "a transparent democratic system that respects the voices of its citizens," Baird said.

All day Wednesday, pictures and video images of the violence could be seen on the Facebook site Egyptian Canadians For Democracy.

One video posted on the page showed footage of body bags lined up on a sidewalk.

Another post read: "God have mercy on Egypt."

It was the deadliest day in Egypt since the 2011 revolution against Morsi's predecessor, Hosni Mubarak, began.

Meanwhile, Vice-President Mohamed ElBaradei, a Nobel Peace Prize laureate, resigned in protest over the violence.

He said he was not prepared to be held responsible for "a single drop of blood."

THE ASSOCIATED PRESS

Deadly work

A cameraman for British broadcaster Sky News and a Dubai-based newspaper reporter were killed during the violence in Egypt on Wednesday.

- **The snapper.** Sky said Mick Deane, 61, was shot and wounded while covering the violent breakup of protest camps in Cairo. He died soon after.

- **The reporter.** Habiba Ahmed Abd Elaziz, 26, was shot in a Cairo melee.

- **In Ottawa.** NDP foreign affairs critic Paul Dewar said the Harper government and others around the world should insist that Egypt tell its military to stop the crackdown.

Not so purr-fect crime. Cat hair puts killer in jail

Fingerprints are not the only thing that killers can leave behind — add cat hair to that list.

A British university said Wednesday that its DNA database of British felines helped convict a man of manslaughter. He was sentenced to life in prison.

"This is the first time cat

DNA has been used in a criminal trial in the U.K.," said Jon Wetton of the University of Leicester.

"This could be a real boon for forensic science, as the 10 million cats in the U.K. are unwittingly tagging the clothes and furnishings in more than a quarter of households."

THE ASSOCIATED PRESS

'I'm sorry.' Soldier on trial apologizes to U.S.

U.S. soldier Bradley Manning took the stand Wednesday during his sentencing hearing for leaking classified material to WikiLeaks and apologized for hurting the United States and others.

"I'm sorry that my actions have hurt people. I'm sorry that it hurt the United States," he said.

Manning faces up to 90 years in prison for leaking the information while working as an intelligence analyst in Iraq in 2010.

An army psychologist said Manning's private struggle with his gender identity in a hostile workplace put incredible pressure on the soldier.

THE ASSOCIATED PRESS

Wallin affair. PM missed 'red flags,' says Dion

MPs had a field day on Wednesday — and the target was Sen. Pamela Wallin.

The Conservatives' rivals made political hay out of a scathing audit of Wallin's travel claims. The Senate has called in the RCMP after the audit flagged \$121,348 in inappropriate expenses.

The New Democrats

amplified their long-standing call to abolish the Senate.

And the Liberals accused Prime Minister Stephen Harper of showing poor judgment when he vouched for Wallin's expense claims this year.

Harper "should have seen the red flags," said Liberal MP Stéphane Dion.

THE CANADIAN PRESS



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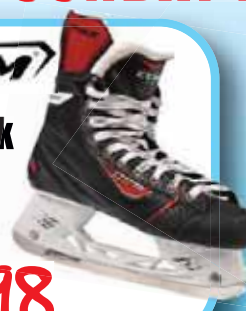
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I can tell you personally that this is an incredibly competitive industry. One company does something and the others scramble to beat it. That's good, fair competition. But now, the Canadian Government is allowing a giant U.S. cellphone company to buy up small Canadian operators that Canadian cellphone companies like mine aren't allowed to buy. Since we can't bid, they'll likely even get a huge discount on the price, effectively at the Canadian taxpayers' expense. But it gets worse. They get to piggyback on the infrastructure we built — and they didn't contribute a cent. That's not good, fair competition. You know, we teach our kids to play fair. That's about as Canadian as it gets. So why is our government giving a giant U.S. corporation special treatment? That's not fair.

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There is no definitive glamping experience, with accommodations ranging from simple tents to extravagant stays costing \$10,000. From left: REO Rafting in B.C., Fireside Resort in Wyoming and Clayoquot Wilderness Resort in B.C. CONTRIBUTED

What on yurt is this?

Glamping. Like regular camping's cousin, but with more glitter



JESSICA SMITH
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You're lying in your tent, a little thirsty.

If you throw on your boots and head to the pot of purified water by the fire pit — you're camping.

If you ring the bell on your bedside table and ask the butler for a wine spritzer — you're glamping.

Glamping — glamorous meets camping — is the kind of vacation that straddles two worlds: The rugged outdoors and keep-your-hands-clean comfort of home.

"The idea started when the British would go down to Africa for safaris and they would have their big luxurious canvas tents, pack a bed," said Ruben Martinez, co-founder of GlampingHub.com. "To the best of our knowledge, that's where the idea started and over the last few years the trend has grown."

Sometimes, the difference between camping and glamping is little: A canvas tent and a real bed, versus nylon and a bedroll. But most anything can be glamping if it's not a traditional house, hotel, RV or cabin and provides immediate access to nature.

"These places keep popping up," Martinez said. "They range from relatively simple tents, tree houses, yurts to the really extravagant."

How extravagant? "Some of these places have butlers, they have wine service, fantastic views, king-

Metro tries it out

Liz 'n' Liz go glamping

Last week, Metro writers and avid campers Liz Brown and Liz Beddall gave glamping a try with Long Point Eco-Adventures in St. Williams, Ont. Here's what they thought of the experience:

Beddall: Well Liz, we went glamping and survived. Nay — thrived! When's the last time you returned from a wilderness excursion with thoroughly conditioned hair and a belly warm with Pinot Noir?

Brown: Never, Liz. But I've also never set up camp across the road from a winery — Burning Kiln Winery to be exact. But the best perk for me was a flush toilet inside the tent. No more hikes to the outdoor can for me!

Beddall: I felt the pièce de résistance of our stay was the king-sized bed we snoozed in after our Zodiac boat tour and astronomy lesson. The plump pillows were a slight step up from the toilet paper roll I once employed on a canoe trip to cushion my cranium against a bed of rocks.

Brown: What about the



Liz Brown and Liz Beddall toast to the good life on the porch of their wilderness suite with Long Point Eco-Adventures in St. Williams, Ont. Aside from offering visitors luxury accommodations and on-site activities, the facility prides itself on being deeply eco-conscious. LIZ BEDDALL/METRO

built-in shower? I had some doubts about scrubbing up in the open air, but the stream of steamy water on a cool morning was incredibly refreshing. But enough about the tent, what about the activities?

Beddall: Once we left our tent of wonders, the glamping experience seemingly ceased. Zip-lining high above the Long Point Bay World Biosphere is not, at least for me, a soothing experience. Having those options made me feel less

like I was a traitor to the camping community. You?

Brown: Let's not kid ourselves. We're losing some roughing-it cred by waxing on about glamping. Saying we went zip-lining isn't going to redeem us.

Beddall: You're right. The likelihood of us being excommunicated from the backwoods brotherhood is high. But Liz, no one can fault us for accepting a pizza delivered directly to our tent, courtesy of local

restaurant Surfside Pizza.

Brown: True. And it's not like hardcore campers come out of the bush looking forward to a homecoming meal of jerky and granola. So, what's the verdict? Are you a glamping convert?

Beddall: Liz, the call of the unvarnished wilderness will always grunt loudly in my ear, but I'll never forget the sweet, siren-song of the ever so decadent Eco-Adventures camp in St. Williams.

Exclusively online

Go to metronews.ca for more on glamping:

- See photos of the most glamorous glamping destinations in the world
- Click through an interactive, detailed version of the glamping graphic
- Follow Metro reporters' glamping adventure (in photos)



mon fishing out here, horseback riding is one of our big adventures," said MacRae, adding there's also a spa, hiking, skeet shooting, kayaking, archery, rock climbing and paintball.

MacRae says her resort was the original North American tented safari. An all-inclusive tent for two costs \$9,500 for three nights.

Canada has its fair share of yurts, but glamorous camping is worldwide.

At the Four Seasons Tented Camp Golden Triangle in Thailand, you'll arrive riding an elephant to your tent, which is billed as "reminiscent of 19th-century adventure expeditions with handcrafted furniture, hardwood floors and traditional thatched roofs."

From there, you eat fine Thai dining, go to the spa, swim in one of the pools or go on an excursion.

Prices fluctuate, but three nights for two guests in January 2014 will cost more than \$10,000 for the "superior" tent, more for the "deluxe."

sized bed — you name it," he said. "Some of these places can be pretty ridiculous."

One of Canada's most glamorous is the Clayoquot

Wilderness Resort.

"We're in the heart of Clayoquot Sound in the middle of the UNESCO world biosphere," said Katherine Mac-

Rae, director of marketing for the resort. "We're 40 minutes by boat to the closest town and there's no road access."

The all-inclusive resort in-

cludes the seaplane trip from Vancouver, locally sourced five-course meals with wine pairings and activities.

"We have world-class sal-

Glamping vs. camping



IRENE KUAN
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Trek

One of the appeals of camping may be the journey itself, navigating your way through the woods until you can settle at that perfect spot, far away from civilization but still close enough to get a radio signal. Glamping offers the same experience, but with perks, including a lit pathway, or even a GPS-equipped SUV to get you to your glampsite.

Tents

A successful camping trip begins with setting up your own tent. For about \$100, you can purchase a water-resistant polyurethane tent that sleeps two. Glampers also sleep in tents, but "glammed" up — the accommodations can include heat, electricity and plumbing, plus plush beds and fine linen, with rooms from \$350 per couple for a weekend stay. (Long Point prices)

Food

You can't call it camping without a classic cookout over a fire, roasting wieners and s'mores, and washing it down with beer. Just remember to string your food up in a tree, unless you want a late-night visitor. Glamping takes the hands-off approach — there's concierge service, fine dining and wining, and even late-night pizza delivery.

Bathroom

Campers, don't forget a mini-shovel and a roll of TP, unless you want to use leaves ... just try to avoid the poison ivy. Glamping accommodations can come equipped with working toilets and running hot showers, either on the site, or close by so you never have to dig a hole to do your business.

Packing

Campers need to carry everything they need on their back, including their roof, so packing diligently is important. Glampers can relax here, since their lodging is usually fully stocked, so carrying a little extra such as a change of clothes and shoes, and some fun electronics is possible.

ILLUSTRATION BRICE HALL/FOR METRO

Oh Gadd: Silly glampers, heels are for cities

Glamping may seem like a good idea to some, but to an expert camper it's a "silly" idea.

Ben Gadd, naturalist, geologist and author of the Canadian Hiker's and Backpacker's Handbook, is an expert in helping ordinary people experience the wilderness.

He was a guide at Jasper National Park in Alberta for more than 30 years and glamping doesn't impress him at all.

"I think glamping sounds quite silly, but fun," said Gadd.

"It's as if you're taking the most extreme elements of

city life, like high heels and glasses of wine, and you're taking that into the situation where we lived as hunter-gatherers.

"It seems to me almost a spoof. I couldn't take it seriously. I don't know how it would have some sort of benefit to you."

Asked why people from the cities go into the wilderness, Gadd says: "It's because, I think, that's where we come from."

"Our species grew up in the wilderness and, like any other organism, we search out the environment in which we're most likely to

prosper.

"Any creature knows that instinctively."

If people want to try serious camping, the Alpine Club of Canada has a network of groups, events and mountain huts to help. Visit alpineclubofcanada.ca for information. MIKE DONACHIE/METRO



Ben Gadd CONTRIBUTED

Roommates set out to buy nothing for a year

Less is more.

'I realized these things don't make me any happier,' Calgary man says of the 'stuff' he has already accumulated



ROBSON FLETCHER
Metro in Calgary

Two Calgarians are taking the Buy Nothing Day concept and multiplying it by 365.

Roommates Geoff Szuszkiewicz and Julie Phillips set out on a Buy Nothing Year on Aug. 3, an undertaking they plan to continue until the same date in 2014, when Szuszkiewicz turns 31.

As part of this "life experiment," the pair has immediately given up spending money on household and personal items — including things like

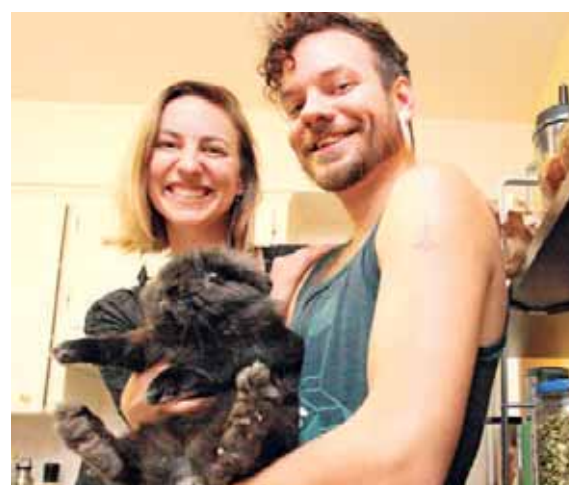
cleaning products and clothes — and they plan to eventually ramp it up to a point where they pay for nearly nothing.

"In three months we're going to discontinue purchasing of services — that means we're not going to be buying haircuts, eating out any more or paying for transportation," Szuszkiewicz explained.

They already have a head start on that phase, however, as Phillips' car broke down and she opted to give the beater away rather than fix it. She now uses a bike as her main mode of transportation, while Szuszkiewicz has given up the bus and commutes to work on foot.

By the final month of the experiment, they aim to give up spending on groceries, relying instead on an at-home aquaponics system (built with donated or bartered materials) and supplementing their food stocks through trade.

They do plan to continue



Julie Phillips and Geoff Szuszkiewicz hold Pepper, whom they're "bunny-sitting" for a friend in exchange for wine. The pair expects bartering to figure prominently in their Buy Nothing Year. ROBSON FLETCHER/METRO IN CALGARY

paying their power bill, however, and use their previously purchased electronics to document their journey online.

"We don't want to be these extremist hippies living without electricity," Phillips laughed.

Tech trouble. Thai villagers block Google Street View car

Internet giant Google's Street View project, which has raised privacy concerns in several countries, has ignited a minor uproar in northern Thailand where villagers suspected its cameras were surveying for an unwanted dam project.

Google's regional communications manager Taj Meadows said Wednesday that the company was aware of the incident in Sa-eab village in Phrae province, in which about 20 residents blocked a Google camera-equipped car.

Google's project takes photos to accompany its Google Earth map program.

The Manager newspaper reported that the villagers took the vehicle's driver to a local office to quiz him, then to a temple where they made him swear on a statue of Buddha that he was not working for the dam project.

The Prachatai news website said the villagers released the driver and later apologized to him and to Google.

THE ASSOCIATED PRESS

Amazing \$#!@& Race

BodyBreak guru admits she cussed

BodyBreak fitness guru Joanne McLeod has issued a statement admitting she used a swear word during Monday's episode of The Amazing Race. McLeod and partner Hal Johnson, known to Canadians for their sunny TV family fitness vignettes, were eliminated from the series after an arduous test in Regina this week. During the episode, McLeod seemed to drop an F-bomb. THE CANADIAN PRESS

Market Minute

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96.82¢ (+0.14¢)

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101.3 THE BOUNCE

- 6 Robin Thicke Blurred Lines
- 5 One Direction Best Song Ever
- 4 Miley Cyrus We Can't Stop
- 3 Avicii Wake Me Up
- 2 Macklemore Same Love
- 1 Florida-Georgia Line ft Nelly Cruise

1013TheBOUNCE.com | info@1013thebounce.com

ROB FORD REALITY ROUNDUP

The Beaver Examiner brings you the latest fake news: Alleged Drug Dealer in Photo Mortified to Appear with Rob Ford

A 25-year-old man facing drug-trafficking charges who appears in a newly distributed photo with Toronto Mayor Rob Ford says he is "deeply embarrassed" by it. "I'd like to apologize to my family, gang, and to anyone else I might have offended," said the man, who spoke to The Beaver Examiner on condition of anonymity. "I pose for a lot of photos, and if I had known it was Rob Ford, I would have politely declined." The uproar recalls a controversy last year when Ford appeared in a photo with a white supremacist. The supremacist later apologized.

'Bizarre' Viral Video Shows Rob Ford Working at Some Sort of White-Collar Job

Saying they've "never seen anything like it," millions of Internet users have watched a new video that shows controversy-prone



HE SAYS

John Mazerolle

metronews.ca

Rob Ford working away at some sort of bureaucratic job. Vancouver resident Rob Blumer says he has watched the video, Zoning Amendment SD-97, on YouTube a dozen times. "It's bizarre," Blumer said. "I clicked it waiting to see Ford say something crazy, but he just stands there, talking with other guys in suits. It looks like he's in, like, a meeting hall." Blumer said. Ford never swears, walks into anything or falls over despite the video's length of almost 11 minutes. "I don't know what it means," Blumer said. "Maybe it's performance art."

Stephen Harper Resigns After Doing Any One Thing Rob Ford Has Done

Prime Minister Stephen Harper has resigned in disgrace after doing any one thing that Toronto Mayor Rob Ford has done. Exact details are still sketchy, but it's believed Harper may have lied about a DUI conviction, used his staff for personal business, threatened a couple at a hockey game, been

accused of smoking crack, or said cyclists who die have only themselves to blame. "Whatever it is that he did, this is an unprecedented controversy for Harper and I see no way for him to recover from it," said political scientist Martin Lye. "No politician can do any one thing Rob Ford has done and still be electable."

'Fiscal Record What's Important,' Doug Ford Says as he Chases Incoherent, Naked Rob Ford Through Shopping Centre

Coun. Doug Ford launched a spirited defence of his brother Rob Ford's record Friday while frantically searching for the mayor in a downtown shopping centre where he had last been seen running naked and repeatedly yelling "Woo!" Lashing out at assembled media, Doug Ford said that reporters were only focusing on Rob Ford because he had apparently set his clothes on fire before running around the blaze in a circle shouting "Let's party!" — forgetting that he had saved the city "more than a billion" dollars. "You can't attack us on our record, so you attack us just because he's over there skinny-dipping in the coin fountain." As he propped up his brother from the fountain, Doug Ford noted that his brother had retrieved 45 cents on behalf of taxpayers.

ZOOM

Signed, sealed, delivered



DAVID HECKER/GETTY IMAGES

Rescued seals make their way home

Tim Fetting, left, and Peter Lienau from the Seehundstation Norddeich release young seals on the beach of the islands of Juist on Wednesday near Norddeich, Germany. The Seehundstation Norddeich is a facility for raising young seals who were separated from their mothers

due to storms, disease or human disturbance and who would otherwise have little chance of survival.

Volunteers collect about 90 young seals a year from the North Sea German coast and care for the pups until they weigh about 25 kilograms before releasing them back into the wild. Sponsors pay for the costs of caring for the seals and get to name them. GETTY IMAGES



A zookeeper feeds herring to young seals in the Seehundstation.

DAVID HECKER/GETTY IMAGES

Sorry kids, I got to go

- Four to 50 days is the length of time true seals (pictured) suckle their pups.
- This is because their feeding ground is usually far from shore, so after lactation the mother will dash, foraging to replenish depleted energy.

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

A tragedy happened in Egypt Wednesday, and the situation there is unlikely to improve soon. If you want a closer look at what's happening, here are three Twitter handles worth following.

Andy Carvin (@acarvin):

National Public Radio's senior strategist is a peerless curator of news from around the world, with a particular shine for the Middle East and a talent for finding citizen images.

Samer Al-Atrush (@sameralatrush):

A Cairo-based wire journalist who frequently treats his Twitter feed as a public display for his reporter's notebook, which can obviously contain grim stuff.

Heba Morayef (@hebamorayef):

The Egypt director for Human Rights Watch is on the ground in Cairo, where she regularly posts updates from field hospitals and protest sites.



Supporters of ousted Egyptian President Mohammed Morsi run from Egyptian security in Cairo on Wednesday.

MANU BRABO/THE ASSOCIATED PRESS

Comments

RE: Ladies, If You've Ever Tried To Get Your Man To Care About Home Decor, Be Careful What You Wish For, published Aug. 13

This article did nothing but state the perfectly obvious: cohabitation means compromise. But the title reads like, "Ladies, make sure you don't get your man interested in decor, because you won't get your way."

I find the piece rather rude, and it's more of a blog update on Jessica's personal living situation than offering couples any practical or emotional advice of *how* to work out a compromise. Sorry that you went to all that trouble to force your partner's opinion out of him, only to find he disagrees with you.

Aeric posted to metronews.ca

Twitter

@metropicks asked: Volvo's technology detects cyclists and stops if needed. Is it the solution to cyclist fatalities?

@WillMcQueen: Lowering cyclist deaths can be achieved by cyclists not being self-righteous a—holes, weaving, red-light runners.

@benrankel: The only way to make driving really safe is to remove the most fallible element — the human driver.

@neanderstaal: Drivers paying attention is the real solution to cyclist (and pedestrian and motorist) fatalities.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



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SCENE 2

Sink your teeth into this

AFF Outdoor Film Experience.

Summer of Spielberg bringing out big crowds for outdoor movie showings on the waterfront

**BACKSTAGE PASS**

Jenna Conter
halifax@metronews.ca

The only movie my grandfather had at his house, that wasn't a history documentary, was 1975's *Jaws*.

A horror film ahead of its time, I would sneak upstairs, curl up on the carpet, and watch what a great white shark does to swimmers, dinky boats, and a 12-year-old Richard Dreyfus.

Regardless of how terrible the resulting nightmares were, this was my tradition.

Now older, wiser, and less afraid of robotic rubber, I set up my chair, wrapped myself in a blanket and watched retro movie magic unfold on the inflatable screen for this year's AFF Outdoor Film Experience.

One of the many Summer of Spielberg-themed films drawing crowds into the hundreds down to the Halifax waterfront this summer, I couldn't resist

Next up: Jurassic Park

Though the AFF Outdoor Film Experience has taken to the boardwalk for over a decade, this is the third year with a theme. Bill Murray and Johnny Depp-related movies made us laugh and swoon, respect-



Hundreds of people braved chilly weather to watch *Jaws* on the Halifax waterfront last Friday night. JENNA CONTER/METRO

watching a movie about a shark just feet from its natural habitat.

Having only recently come to terms with the irrationality of my fear of fake sharks, I was

ively, but with Spielberg, audiences have experienced movie magic — as in *E.T.*, which kicked off this year's festival — and we can be scared out of our wits with movies like this Friday night's *Jurassic Park*.

surprised to see that among this middle-aged crowd of Spielberg enthusiasts were a collection of younger viewers — one of whom was Ronnie. Prime seating, comfortable chair, blankets and hooded sweatshirts — Ronnie was prepared to sit through a snowstorm to watch this movie.

"I've seen *Jaws* about 50 times with my dad but I know it's fake. I'm not scared," said Ronnie.

Eleven-years-old and already well-versed in the cinema classics, he listed off the many thriller and horror flicks he's sat through over the years —

joking that *Jaws* is only scary when his dad grabs his son's leg — that's been their tradition. "It's amazing. I watched it with my dad and now I'm watching it with (my son). I never thought about that be-

fore," Ronnie's dad said.

The screen went up, the blankets came on and the tradition continued as the scariest two-note theme song in all of movie history rang out over the harbour.

Details

- **WHAT.** AFF Outdoor Film Experience—Summer of Spielberg
- **WHERE.** atlanticfilm.com
- **WHEN.** Running until Aug. 23
- **TICKETS.** ticketatlantic.com.

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It took some persuading, but Oprah is baaaaaack!

The Butler. Winfrey talks about why she decided to do her first film since 1998 and why this role, with its intensity, was important for her

MATT PRIGGE

Metro World News

There was one major reason Oprah Winfrey returned to screen acting for her most prominent role since 1998's *Beloved* — and his name is Lee.

Winfrey worked with director/producer Lee Daniels behind the scenes of his breakout work, *Precious*, which she also executive produced. She was coerced in front of the camera for his fourth directorial work, Lee Daniels' *The Butler*, playing the wife of a man (Forest Whitaker) who works at the White House from the 1950s through the '80s.

"I wanted the opportunity to be in his hands, really," she says, adding he was relentless in pursuing her. "I was telling him, 'Lee, I got a network thing going on. But he wouldn't listen to me. He'd been stalking me for some time.'"

Of course, there was also the subject.

The film spans the beginning of the civil rights move-



Oprah Winfrey as Gloria Gaines and Forest Whitaker as Cecil Gaines star in *The Butler*. ANNE MARIE FOX/THE ASSOCIATED PRESS

ment and ends with Obama's election.

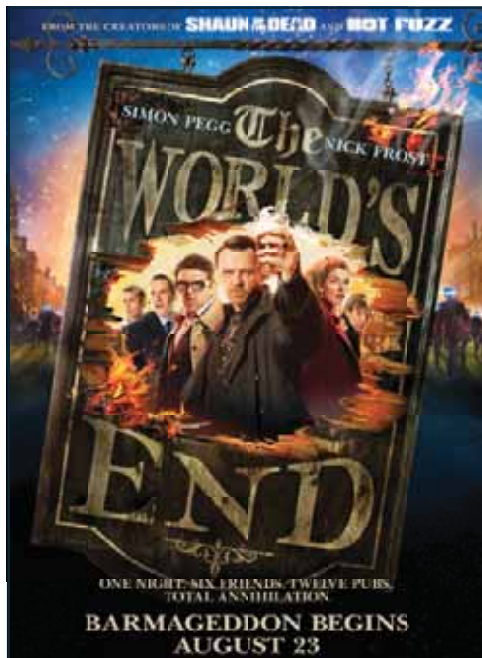
"I'm a historian of my own history — of African American history. I believe that when you know who you are, you have the ability to move forward not only with your own strength, but with the strength of your entire ancestry," Winfrey says.

While specifically about black culture — and in a way that doesn't portray it through white eyes, despite a Caucasian screenwriter (Danny Strong) — the film is also, she says, universal.

"You see the two of us at the bus station sending our son off to college. That's how every parents, regardless of race, regardless of economic background, feel when you have to let go of your son."

There's also her character: the long-suffering wife of a workaholic.

"This gave me the opportunity to show the women of that era. Gloria, for me, is not just herself but a composite of the women of the era, who sacrificed herself to become the stabilizing force of her family."



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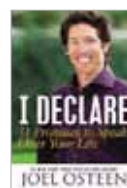
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1. A TAP ON THE WINDOW Linwood Barclay

Something is horribly wrong in the small town of Griffon NY. It's been two months since private investigator Cal Weaver's teenage son died in a tragic drug-related accident. This town has too many secrets, too many lies — and Cal has decided to expose those secrets one by one.

Last Week: 1 / Weeks on List: 1



2. I DECLARE Joel Osteen

Words have always had power. Joel Osteen's *I Declare*, now available in paperback, offers daily inspirations that harness the power of words. Shift the way you describe your life by declaring your blessings, and change will swiftly follow.

Last Week: 2 / Weeks on List: 1

This Week

Last Week Weeks on List

- | | | |
|--|----|----|
| 3. WAGING HEAVY PEACE Neil Young | 3 | 2 |
| 4. THE WHITE PRINCESS Philippa Gregory | 4 | 3 |
| ★ 5. WALLBANGER Alice Clayton | - | - |
| 6. MISTRESS James Patterson | 6 | 1 |
| ★ 7. ROSE HARBOR IN BLOOM Debbie Macomber | - | - |
| ★ 8. THE LAST KISS GOODBYE Karen Robards | - | - |
| 9. THE GUTS Roddy Doyle | 9 | 1 |
| 10. FIRST SIGHT Danielle Steel | 10 | 5 |
| ★ 11. THE INCONVENIENT INDIAN Thomas King | - | - |
| 12. THE ENGLISH GIRL Daniel Silva | 12 | 5 |
| 13. THE OCEAN AT THE END OF THE LANE Neil Gaiman | 13 | 9 |
| 14. THE CASUAL VACANCY J.K. Rowling | 5 | 3 |
| 15. INFERNO Dan Brown | 7 | 12 |
| 16. WILD Cheryl Strayed | 16 | 20 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 17 |
| 18. CRAZY RICH ASIANS Kevin Kwan | 8 | 2 |
| 19. I WEAR THE BLACK HAT Chuck Klosterman | 19 | 3 |
| 20. THE SECRET KEEPER Kate Morton | 11 | 5 |

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 19th

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Angelina Jolie and Jennifer Aniston METRO PHOTO ILLUSTRATION

Once feuding stars avoid 11 hours of first class airline awkwardness

Angelina Jolie and Jennifer Aniston nearly had 11 hours of awkward silences as they were both booked in the first class section of a British Airways flight from L.A. to London Sunday, but Aniston reportedly moved her flight to the next day at the last minute, according to Us

Weekly. "Whether it was because Angelina was on the Sunday flight, we don't really know, but she did change it," a source at the airline says. "The airline has VIP greeters who do chat about this sort of thing and may have informed each other of the (Aniston-Jolie) conflict, but nobody can say for sure."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Three big red Xs for Cowell after Electra breakup

While Lauren Silverman's reported pregnancy is making Simon Cowell's life more complicated, it's not the first time his involvement with Silverman has made waves in the X Factor boss' personal life.

Cowell's dalliances with Silverman reportedly put

an end to his fledgling "hot and heavy" romance with Carmen Electra, according to E! News. "Carmen was at Simon's house in L.A. when she literally busted him with Lauren," a source says.

"Simon called her a friend, but there was nothing platonic about what was going on, if you know what I mean."

According to the source, Electra quickly called off her relations with Cowell. "There was no way she was going to stick around and be a third wheel," the source says.

Twitter



@rosemcgowan

Going through my contact list is like a quick trip through bad times



@SethMacFarlane

Oh cool, a new superhero movie. That is refreshing indeed.



@solangeknowles

Where does one dance at this hour in this big apple?



Jennifer Garner ALL PHOTOS GETTY IMAGES

Garner joins privacy fight for celeb kids everywhere

Jennifer Garner is joining Halle Berry in pushing for a California bill to make it illegal for paparazzi to photograph their children. "I chose a public life. My three children are private citizens," Garner said while testify-

ing before the California State Assembly Committee on Public Safety in support of the proposed anti-paparazzi bill, according to E! News. "I love my kids. They're beautiful and sweet and innocent, and I don't want a gang of shouting, arguing, lawbreaking photographers who camp out everywhere we are all day, every day, to continue traumatizing my kids."

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How to makeup for your masculine ensemble

If you're slipping into a tweed blazer, an oversized cardigan or a sleek women's tux this fall, the right beauty look is the perfect accessory to complete your menswear-inspired outfit.

The choice is yours to do a 180-degree turn and go with hyper-girlie, or stay strictly tomboy. Either can complement the more masculine clothing silhouettes.

Makeup with menswear is a little more important than other styles because with a neutral, muted palette of greys, blacks and browns, "you want to have a little life to your face, a little health and vigour," says Linda Wells, Allure magazine's editor-in-chief.

When suiting up in this fall trend, women have choices for their beauty look, she says.

"Are you going to exaggerate the menswear look and play it up fully, or are you going to offset it with something feminine?" Wells says.

To soften menswear staples like grey flannel and houndstooth, which are so often fashioned into tailored items, add femininity by playing up the eyes or lips, experts advise, but not both at the same time so your features don't com-

pete.

"You want to add feminine flair throughout the face if you can't have it on the body through the clothing," says Myiesha Sewell, a Sephora Pro makeup artist.

For a ladylike touch,



Wells envisions soft hair with a little wave to it falling over the forehead along with a rich burgundy lipstick, or dark, smoky eyes featuring grey eye shadow, eyeliner and lots of mascara. "Who doesn't want to be a femme fatale?" she says of the "sexy androgyny" combination of feminine makeup and menswear.

THE ASSOCIATED PRESS

Talk to the T: Say it loud, say it stylish with a graphic shirt

Stay on top of this fashion craze. Comics, creatures and credos are covering your fave back-to-school staple this fall

The T-shirt and graphic shirts are one of fashion's most basic items, but even with today's popular slim cuts, there's wiggle room to change up the style. That can be pretty important to the kids and teenagers who practically live in them but like to feel that they have something new when they go back to school.

This year's news comes in next-generation graphics, old-school characters and witty or powerful phrases.

"The best and most memorable graphic Ts throughout the years are the ones that capture the pulse of that



time," says Tana Ward, senior vice-president and chief merchandising officer for American Eagle.

Because of the price — and frequency of wear — T-shirt trends also can move quickly because they aren't intended as long-term investment pieces.

"This is an affordable fashion change," says Seventeen fashion director Gina Kelly.

"Graphics are really, really

big in the teenage market, and so is nostalgia," Kelly says.

"At 16, a girl understands irony, and that makes it cool to do some things. You also have T-shirt companies borrowing from the runways like Givenchy, and that's where you'll see space prints, high-fashion prints — and photo-realism prints are definitely big, too."

It's all about image and

messaging, which this generation is very comfortable with, she says. "It's about affirmation on your chest. You are making your statement, whether making

you are fun of designers with a 'Celine as Celfie' shirt or saying you loved Hello Kitty when you were in kindergarten."

The heavily logoed look also is passé, says AE's Ward. "Today, our customer is focused on projecting a personal identity. ... Our girl is also much more aware of the artistic side of graphic design and how it adds texture and interest to her outfit."

Zip! Boom! Pow!

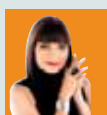
Betsy Zanjani of Forever 21 points to the comics craze — taking note of the pop culture phenomenon that Comic-Con has become — as one of the strongest influence on T-shirts.

- Forever 21 has opened in-store Marvel Comics shops as the retailer noted "an almost cult following of old-school comic strips and vintage action figures," she says. "Things that are vintage and retro are really strong in both our male and female businesses."

All she needs is a circle mini skirt and a pair of printed jeans (two other popular back-to-school items this year), and she is good to go, says Kelly.

THE ASSOCIATED PRESS

Twitter



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Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



Home at last: My new man! Fresh from Lunenburg #NS Thanks to Ransford Naugler.



Yesterday carpets, today hair colour! Going richer for fall thanks to TO's best colorist Marina Loo #RapunzelHair

Trends Report



- Are you a fan of the Netflix series Orange is the New Black? For this week's Trends Report, I decided to see if orange can be the new black — without it looking like a prison jumpsuit. Go online to see my orange-theme fashion finds and judge for yourself.



metronews.ca/
voices/trends-report

Follow Irene on Twitter at @MetrolreneK

One-minute miracle

Hair saviour, time saver
Uniq One All in One Cleansing Balm \$20, uniq-one.com

"Low-maintenance types will love that this hair balm can replace the cluster of hair products crowding your shower. Bonus: its keratin-enriched, sulfate-free formula means you can use it daily. The built-in cleanser and conditioner also work to volumize, smooth and strengthen strands, while preserving colour-treated hair. How efficient is that?"

Ashley Kowalewski, TheKit.ca



FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

3
THE

Trend of today: Denim overalls

They probably haven't been amongst your wardrobe staples since you were a toddler, but it's time to give dungarees a second chance. If you're a casual kind of girl, you're in luck, as denim is as popular as ever.

KATHRYN GILBERT
Metro World News



Overalls have evolved beyond baby cord and paint stains into a much sleeker look. METRO

J Brand

5030 Slouchy Overalls,
\$449, jbrandjeans.com



House of Hackney

Silk Velvet Dungarees, \$552,
asos.com

Topshop

jumpsuit,
\$110,
topshop.
com



Motel

Eddie Dungaree Jumpsuit In
Daisy Print, \$102, asos.com

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Ikea's upscale collection a winner



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Every three years mass market furnishings retailer, Ikea, introduces a much anticipated upscale collection of furnishing and home accessories.

This year, the coveted Stockholm Collection is introduced in limited quantities to the 325 stores in 40 countries around the world, bringing high-design at still very affordable prices.

With trends emerging like walnut wood furnishing, Kelly green and citrus yellow colours, it looks like this special collection will be on-trend for a long time.

Look for this special (and very well-priced) quality collection in the five million Ikea catalogues delivered this week to homes across Canada or in your local store. Here's a sneak peek and a few of my favourites:

Living room

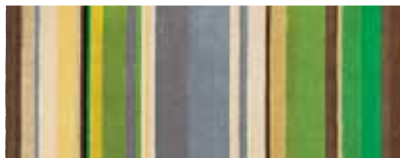
Medium walnut wood tones and pops of yellow and green are on trend in the Stockholm Collection, introduced every three years at Ikea.



Rug

Take the three most favourite trend colours (grey, brown and green) and blend them together to incorporate past, current and future trend colours onto the floor.

Stockholm Striped Wool Rug, \$299



Mirror

Illusions of depth give you varied perspective when looking through the angled walnut frame.

Stockholm Mirror 80, \$99.



Table

The big family table is back! Eight feet of Canadian walnut takes mid-century modern good looks into the future.

Stockholm Dining Table, \$699.



Vase

Colourful blown glass to wake up your tables; three down the centre of a table would have real impact. Just add flowers!

Stockholm Vase 20, \$49.99.



Chair

At the table or in a corner; solid & comfortable in this year's best colour (also available in natural walnut).

Stockholm Chair Green, \$149.



Holy easy to make guacamole!



This recipe makes 2/3 cup (160 ml). COURTESY ROSE REISMAN



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

There is nothing more delicious than homemade guacamole.

The key is finding a ripe avocado for the delicate texture and flavour.

Store unripe avocados in a paper bag, but don't refrigerate them.

1. Combine the avocado, cilantro, tomatoes, mayonnaise, jalapeño, garlic, lemon juice, and salt and pepper in a small bowl.

per in a small bowl.

2. Serve with crackers, crudités or as a garnish.

Ingredients

- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1/3 cup finely diced tomatoes
- 1 tbsp light mayonnaise (50 % reduced)
- 1 tsp finely chopped jalapeno

- pepper (or 1/2 tsp/2 1/2 ml hot chili sauce)
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

For your phone

ChefsFeed (iPhone; free)



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Kris Abel
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BACK TO SCHOOL

Thursday, August 15, 2013



Model good reading habits for your children and continue reading to your kids even after they can read on their own. JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

The early bookworm gets the grades

MICHELLE WILLIAMS
For Metro

Not every child is a born reader, but there are ways to encourage your child to become a good reader.

Start by letting them read what they enjoy.

"Your child will be most engaged when you discover reading materials that interest them," said Halton (Ontario) District School Board elementary school teacher

Kevin Foster. "It doesn't have to be standard reading material. Comic books, graphic novels and magazines all have great text features that tie in to the visuals for easier comprehension."

Head to the library or bookstore together and discover subjects they enjoy reading about, then be sure to have those books or reading materials on hand.

Be sure that the level is appropriate by previewing what they read.

Easier comprehension

"It doesn't have to be standard reading material. Comic books, graphic novels and magazines all have great text features that tie in to the visuals for easier comprehension."

Kevin Foster, Halton (Ontario) District School Board elementary school teacher

"If it's too difficult, kids get frustrated and disengage," Foster said.

He suggests the "five-finger rule" — if there are more than five words your child is

struggling with on the page, then the book may be too difficult for them.

Think outside the printed page.

"Kids who are spending

time on a computer are often getting in lots of reading online," Foster said. "There are all sorts of cool websites that will engage young readers."

You can also take it outside — read things together like menus, road signs and licence plates.

"Let kids experience reading in many different ways and settings."

Model good reading habits for your children. Read a lot yourself and continue reading to your kids even after

they can read on their own.

"It's important to demonstrate great fluency, intonation and expression so they see that reading is more than decoding words," Foster said.

Remember to stop and ask questions.

"It's a great way to make deeper connections with their past experiences and to check their comprehension."

Finally, set aside some quiet time for reading to foster independence, as well as reading skills.

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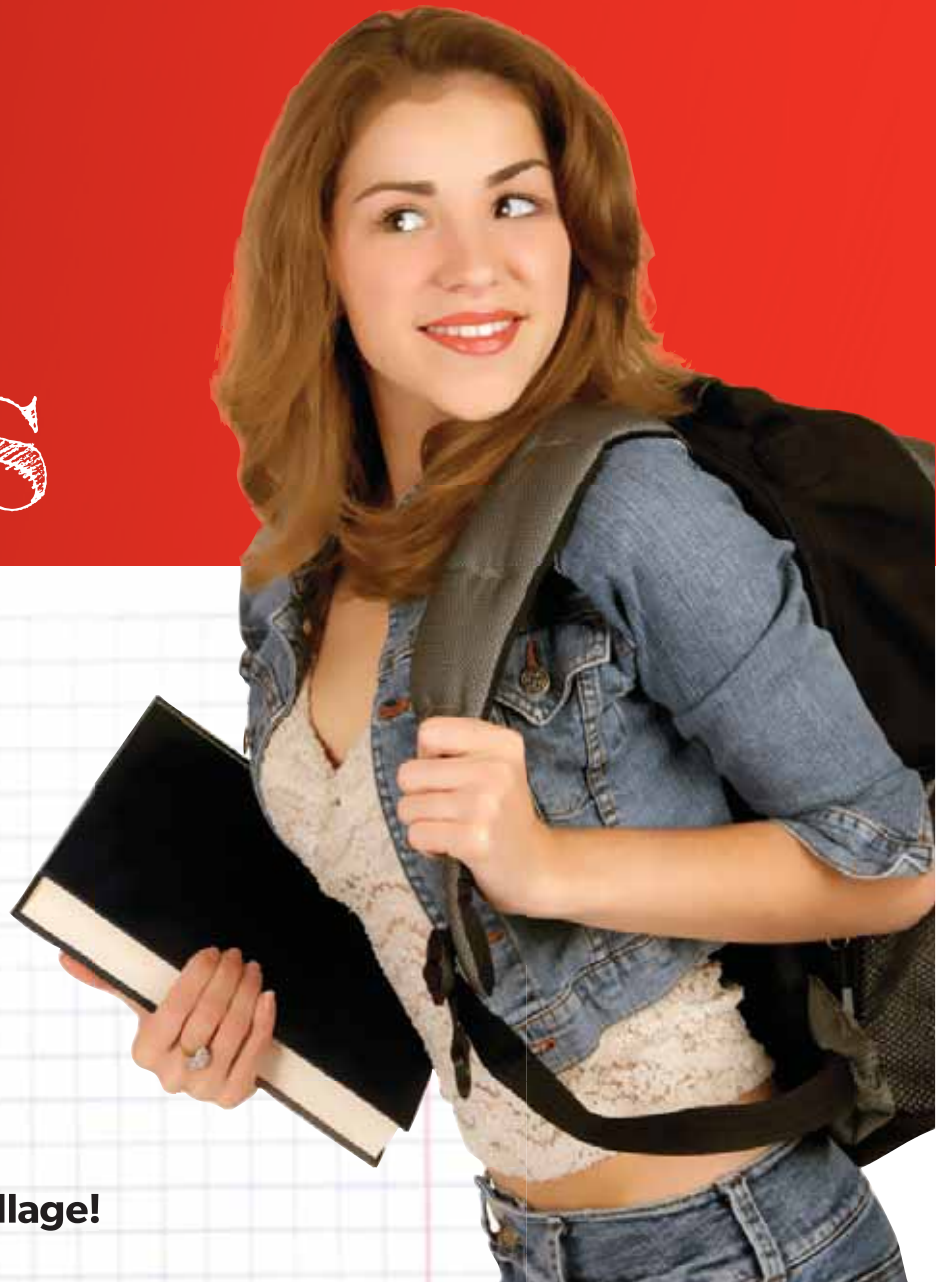
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A few notes about music



Studies have shown that music helps children perform better in math and their language development is enhanced. TOP PHOTO GROUP/THINKSTOCK

Music has been proven to boost school performance

MICHELLE WILLIAMS
For Metro

Whether kids are listening, playing or singing, all experts agree that music is a valuable component of a child's education.

"Music helps children learn in so many ways," said Lena Palermo, a music teacher with the Toronto Catholic District School Board and director of Star Potential Studios, a children's musical theatre company. "Music has been proven to boost how kids perform in school."

Studies have shown that music has a powerful effect on a child's achievement — they perform better in math, their language development is enhanced, and they score higher on IQ tests.

Form of self-expression

"Music can be improvised, like art, so it can be a child's own form of self-expression and creativity."

Lena Palermo, a music teacher with the Toronto Catholic District School Board

Music has many other benefits for children.

"It gives kids a sense of identity, especially when they're part of a group," Palermo said. "There's team work involved in making the right sound, so music in this sense provides a sense of inclusion, helps build social skills, friendships and confidence. And when you focus on music, you leave everything else at the door. You're welcomed into that different space, so it's a great stress reliever."

The breathing techniques you learn when you sing or

play an instrument are also ideal for relieving stress and enhancing posture.

Creatively, music is a perfect way for kids to express themselves.

"Music can be improvised, like art, so it can be a child's own form of self-expression and creativity," Palermo said.

Learning to play an instrument also teaches children about patience.

"Our kids are so used to immediate gratification. Playing an instrument requires a lot of repetition and work, time and practice, so patience and persistence are

natural outcomes of learning music."

What can parents do to foster a love of music and encourage kids to become more musical?

"Students learn some musical basics in school; once they know how to read notes, it's easier for them to learn an instrument," Palermo said.

There are community programs to teach kids the basics of instruments like piano and guitar.

The popularity of TV singing competitions and the TV show Glee has also promoted an interest in singing, choirs and glee clubs.

Call a local music school or check online for opportunities in your neighbourhood for musical theatre groups, classes and camps.

Building friendships

It's not always easy to make new friends, more so if your child is moving to a new school. When should parents worry about how their children are managing socially at school?

Kathy Lynn, a parenting expert, speaker and author of Parenting Today, suggests that a good strategy when switching schools or helping kids forge new friendships is to get them involved in activities, sports or clubs that they are interested in at school.

"It's a great way for kids to break in and find friends who are like-minded and have similar interests."

Initially, assume children are managing well unless there are warning signs.

"If your child isn't talking about other kids, seems to always be alone or is having trouble sleeping, then have a talk," Lynn said.

One way to help your child is role playing. Show your child how to approach another child or group and ask if it's OK to join in.

"Kids don't pick up the social cues when someone wants to join in, so it's important to teach your child to seek out friendships — and perhaps notice others who are looking to make new friends."

It's also essential to welcome kids into your home.

"Make your house the place where other kids want to come and play, have snacks, make noise and a mess," Lynn said.

Finally, don't worry if your child doesn't have a big group of friends.

"Some kids are happy with one or two close friends, and it's important to honour their personalities and let them be who they are."

MICHELLE WILLIAMS



Help kids forge new friendships by getting them involved in activities, sports or clubs that they are interested in at school. ISTOCKPHOTO/THINKSTOCK

Optimize your child's school learning experience

The countdown is on ... only a few short weeks until the first school bell.

What can parents do to make sure that kids are prepared to learn and get the most out of school?

"For starters, ensure that your children are happy and excited about learning and about the new school year," said Cassandra Alviani-Alvarez, a principal with the Toronto District School Board.

"Go online and check out

the curriculum. See what's coming up and start a dialogue with your kids about what they'll be learning. Focus on how great it will be to be back at school."

An important component to keeping kids happy is creating a comfortable and relaxed environment at home.

"A peaceful house is very important. A lot of friction in the household impedes kids' learning, so try and keep things calm and caring."



It's also important for parents to make school and education a top priority in

the household.

"There are lots of ways a parent can make this happen," Alviani-Alvarez said. "Set a special space aside in the house to do homework, and an inspired learning area for kids to express their creative side with music, games, book, art materials and more."

Another good idea is extending their learning at home.

"If the class is learning about plants, do some

planting at home and watch things grow. If they're studying the weather, follow weather forecasts and learn about it together."

Studies show that kids do better in school when their parents are actively involved.

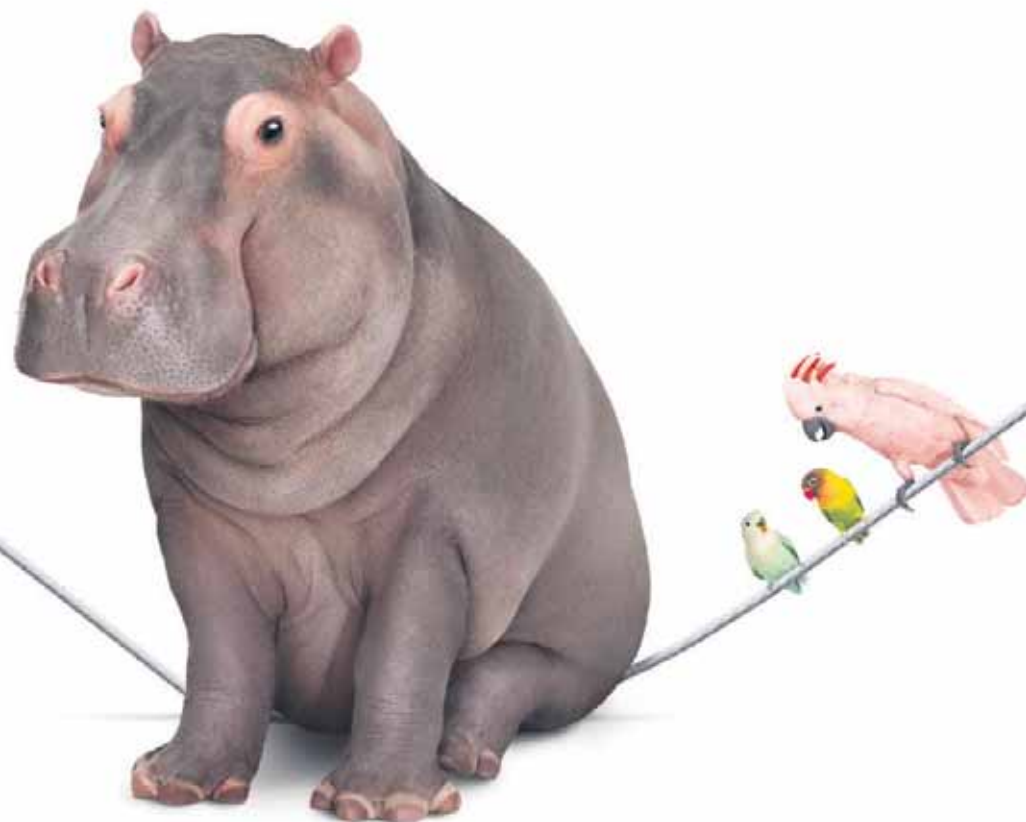
"Introduce yourself to your child's teacher at the beginning of the school year," Alviani-Alvarez said. "Kids feel better knowing that their parents and teacher are partners in learning."

Encourage your child to ask questions of the teacher, and help your child become more confident and succeed in the classroom by enlisting the help of the teacher if your child is shy, timid or lacks self-assurance.

"Also, volunteer periodically in the classroom or go along on field trips. It helps build a child's confidence and reinforces your commitment to his or her education."

MICHELLE WILLIAMS

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Moose imports eager to show they belong

Training camp.

Powerful European pair Ehlers and Meier will need to adjust to new rink, style of play



ANDREW RANKIN

andrew.rankin@metronews.ca

When Nikolaj Ehlers got the invitation to join the Halifax Mooseheads, he didn't hesitate to say yes.

Two days after arriving in Halifax from Denmark, the Herd's first overall pick in the QMJHL import draft finally hit the ice on Wednesday for the Mooseheads' first day of training camp at Cole Harbour Place.

The 17-year-old forward showed he had the ability to be an impact player with exceptional speed, a heavy shot and solid playmaking potential.

Since July's Euro draft, Ehlers said he'd been anticipating this day.

"When the Mooseheads called me and asked if I wanted to play here, I said yes right away," he said.

"I'll practise hard every day and we'll see what comes."

After a day of drills and a tight-checking intra-squad matchup, the five-foot-10, 176-pounder wants more.

He knows he has a lot to learn.

"In the beginning it's going to be difficult playing in such a small rink because it's different in Europe," he said. "I just have to get used to it. You have to keep going and moving all the time and (play) smart."

The Herd's No. 2 pick, Timo Meier, also attended the opening day of training camp, but watched from the sidelines.

The 16-year-old left-winger



The Halifax Mooseheads' import picks Timo Meier and Nikolaj Ehlers pause for a photo after the first day of training camp at Cole Harbour Place on Wednesday. ANDREW RANKIN/METRO

Getting familiar

"I know I can do more than this and I'm looking forward to the next few weeks."

Nikolaj Ehlers on playing with the Moose after his first day at training camp

arrived in Halifax on Tuesday and used the day to rest after suiting up for Switzerland at the Ivan Hlinka Memorial men's under-18 hockey tournament. The six-foot, 194-pounder will be ready to go in the Herd's second day of training camp on Thursday.

"I really want to play," he said. "The speed is good and the defence is really good. I think I can bring some power and make things happen."

Veteran forward Darcy Ashley, who picked up a goal



Taylor Ford, the Mooseheads' second pick in June's QMJHL draft, was solid during the Herd's intra-squad game on Wednesday. JEFF HARPER/METRO

in the scrimmage, is welcoming both players.

From what he's seen of Ehlers, he's impressed.

"It was the first day of training camp and most of us were a little out of sync,

maybe a little extra cautious," Ashley said.

"But Ehlers is a smart kid, plays hard and he really competes out there."

"He's going to be a very good player in this league."

AUS men's hockey

Former Moose to play for Tommies

Former Halifax Mooseheads defenceman Sawyer Hannay will suit up for the Atlantic University Sport's St. Thomas Tommies this upcoming season.

The 20-year-old defenceman played three seasons with the Herd (2009-12), racking up 411 penalty minutes. The Moncton native finished his junior career with the Victoriaville Tigres last season, where he recorded six points in 38 regular season games.

METRO

Jordan Boyd death

Player collapsed without warning

The general manager of a junior hockey team says a player who died this week during tryouts collapsed suddenly while he was waiting to participate in a drill.

Sylvain Couturier, general manager of the Acadie-Bathurst Titan, said Wednesday that Jordan Boyd didn't speak to anyone before he collapsed.

THE CANADIAN PRESS

MLB

Rajai Davis double double dunks Sox

Rajai Davis hit two doubles and scored the winning run in the 10th inning as the Toronto Blue Jays snapped a three-game slide with a 4-3 win over the Boston Red Sox on Wednesday.

Edwin Encarnacion hit two doubles and scored a run for the Blue Jays (55-65), while starter Esmil Rogers (3-7) pitched six innings with six strikeouts, five hits and an earned run. Reliever Brett Cecil ruined Rogers' chance at a win, though, blowing Toronto's 3-1 lead in the ninth inning.

Brad Lincoln earned the win for Toronto.

THE CANADIAN PRESS

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metro

Horoscopes

♈ Aries

March 21 - April 20

If you start your day early and finish it late, you will get through ten tasks to every one your rivals manage to complete. Your momentum will keep you going through tomorrow and into the weekend.

♉ Taurus

April 21 - May 21

You seem to be torn between options, unable to decide which is the best route. Sit quietly for a few minutes and let your intuition guide you. Deep down you already know what the answer is.

♊ Gemini

May 22 - June 21

Ignore those who say you are going to fail, they don't know what they are talking about. Equally likely is that they fear your efforts will bring you huge success, making them look bad. Good — go for it!

♋ Cancer

June 22 - July 23

You don't have to face a tough situation alone today. You have friends all around you. All you have to do is reach out to them and they will gladly assist.

♌ Leo

July 24 - Aug. 23

With Mercury in your sign linked to genius planet Uranus, you will come up with ideas that could change the world. Even if you don't want to go that far, you can certainly change your life for the better.

♍ Virgo

Aug. 24 - Sept. 23

The next 24 hours may be a bit too noisy for your tastes but you will get through it OK. Instead of trying to avoid loud people why not, for a short time, get loud yourself.

♎ Libra

Sept. 24 - Oct. 23

Do what makes you feel good, rather than what makes others feel good. You have every right to pursue your own happiness and prosperity. Anyone who tells you otherwise is a fool.

♏ Scorpio

Oct. 24 - Nov. 22

Changes in your career or social life may make it difficult to plan ahead but that is not a bad thing. Today's Mercury-Uranus link will throw up an unexpected opportunity. Grab it with both hands.

♐ Sagittarius

Nov. 23 - Dec. 21

Sometimes it's OK to get angry. In fact, if someone annoys or provokes you today you must let them know about it in up-front terms. Some people, sadly, are simply too dim to learn any other way.

♑ Capricorn

Dec. 22 - Jan. 20

The best cure for doubt is action, so throw yourself at what you have to do today and forget everything else, at least for a while. You will find that what you have been worrying about is of no concern.

♒ Aquarius

Jan. 21 - Feb. 19

You may look cool and calm to the world at large but deep down you are actually a sensitive person and you must not try to deny it. Let your passion drive your actions.

♓ Pisces

Feb. 20 - March 20

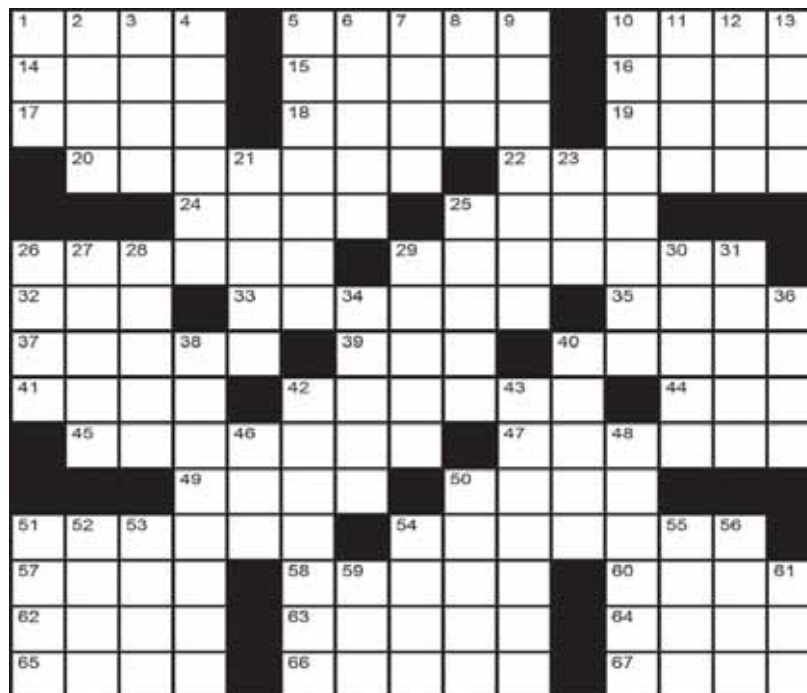
Open your mind to new possibilities, especially where money and related matters are concerned. Your instincts will guide you in the right direction.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

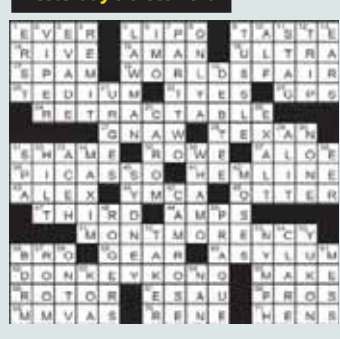
- Alphabet sequence
- Military doc
- Person, place or thing
- ___ mortals
- Andrew Lloyd Webber musical
- Competent
- Regrettably
- "___ '___ In": Wings song that goes "Someone's knockin' at the door."
- Canadian hardware store
- "Danny's Song" by Loggins and ___
- Belovedly win over
- Superlative suffix
- Move like a river
- Art stands
- Hybrid pastries currently a craze
- Understood
- Cowboy's prop
- Dubai, United ___ Emirates
- Canadian actor Paul
- Prince Valiant's son
- Talk in a monotone
- Colonnade of ancient Greek architecture
- Machu ___ (Inca archaeological site)
- Stage actress Ms. Hagen
- Toronto-born actress Ms. Watson whose name is Western-inspired
- 2009 James Cameron movie
- Vegetable variety
- Dish of the day, ___ du jour
- Keep your cool:



- 2 wds.
- ___ cheese sandwich
- ___ the crack of dawn: 2 wds.
- Detached in manner
- Land amount
- Ms. Remini
- #10-Down's expression: "Doot ___ Doot Doo..."
- Certain carpet
- Mr. Affleck's
- County in England
- "No Particular Place ___" by Chuck Berry
- ABC's early li'l daytime show
- Leadership position
- "Dies ___": Latin hymn meaning "Day

- of Wrath'
- Brit singer, ___ J
- "Canadian Idol" Season 3 winner Ms. O'Neil
- Function
- Ms. Von Teese
- 'Meteor' suffix
- Realm of Arthurian legend
- Interviewer, ___ the Human Serviette
- Worker, informally
- Baby tulip
- Sword sort
- Scott of "Hawaii Five-O"
- Mucky matters
- Bon ___ Provincial Park, ON
- Pull along
- 'L' in L.A.
- Identity part

Yesterday's Crossword

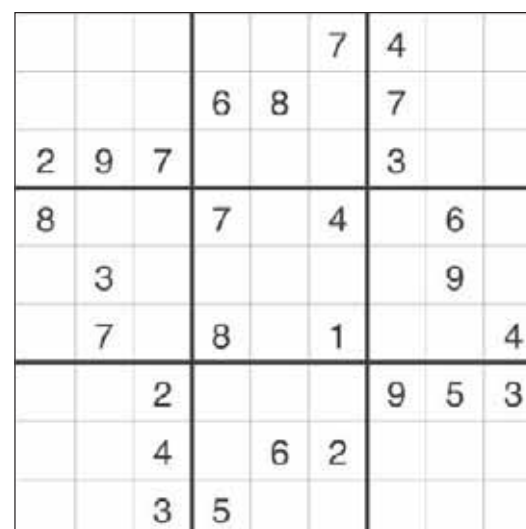


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Friday



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NORTH AMERICAN
CAR OF THE YEAR

HVY: 6.2L/100 KM
CITY: 7.1L/100 KM*



BEST SELLING CAR IN CANADA*

2013 ELANTRA L

OWN IT FOR
\$49/WK
NO MONEY DOWN

ALL INCLUSIVE! NO SURPRISES!

WELL EQUIPPED:

- ✓ POWER DOOR LOCKS
- ✓ POWER WINDOWS W/ DRIVER'S AUTO DOWN
- ✓ AM/FM/CD/MP3 PLAYER W/ 6 SPEAKERS
- ✓ DUAL HEATED POWER MIRRORS
- ✓ 4 WHEEL DISC BRAKES W/ ABS
- ✓ TRACTION CONTROL SYSTEM
- ✓ ELECTRONIC STABILITY CONTROL



WELL EQUIPPED:

- ✓ AIR CONDITIONING
- ✓ ALLOY WHEELS
- ✓ FOG LIGHTS
- ✓ CHROME DUAL EXHAUST
- ✓ 7" TOUCHSCREEN
- ✓ BACK UP CAMERA
- ✓ HANDSFREE BLUETOOTH
- ...AND MUCH, MUCH MORE



2013 VELOSTER

OWN IT FOR
\$57/WK
NO MONEY DOWN

ALL INCLUSIVE! NO SURPRISES!



HVY: 5.2L/100 KM
CITY: 7.1L/100 KM*



2013 SONATA GLS

OWN IT FOR
\$81/WK
NO MONEY DOWN

ALL INCLUSIVE! NO SURPRISES!

FULLY EQUIPPED:

- ★ POWER SUNROOF
- ★ ALLOY WHEELS
- ★ POWER DRIVERS SEAT
- ✓ HANDSFREE BLUETOOTH
- ✓ FRONT, SIDE & CURTAIN AIRBAGS
- ...AND MUCH, MUCH MORE



**5 YEAR
WARRANTY**

100,000 KM
COMPREHENSIVE LIMITED WARRANTY*

3625 Kempt Rd
Halifax, Nova Scotia
Phone: 902.982.3980
www.steelehyundai.com



Steele
HYUNDAI

*See dealer for complete details. Vehicles may not be exactly as shown.